

WHERE TO OBTAIN INFORMATION

There should be a civil defence organization in your community. Its wardens will help you. If there is no civil defence organization in your area, ask your mayor or reeve why this is so. Make sure your community is prepared if disaster should strike.



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YOUR SURVIVAL IN AN H-BOMB WAR



**IF YOU LIVE
IN A TARGET AREA**

DEPARTMENT OF NATIONAL HEALTH AND WELFARE
OTTAWA



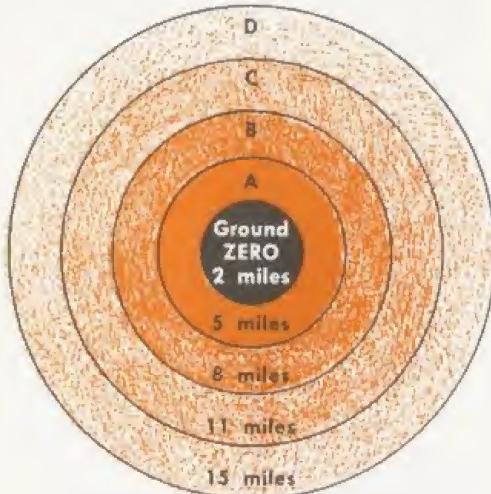
YOUR SURVIVAL IN AN H-BOMB WAR IF YOU LIVE IN A TARGET AREA

If we are attacked with H-Bombs, the enemy will, we believe, aim for our major centres of population—the largest Canadian cities. We cannot be sure, however, what point in any city the enemy might choose as his aiming point. Nor can we be sure that he will deliver the bomb accurately. We must, therefore, regard the "aiming point" in any city as an area some two miles in radius. If, around this "aiming point" area, you draw two circles, one three and the other six miles out (that is, with radii of five and eight miles from the centre) you will have an indication of the major damage areas created by an H-Bomb. In the inner, or "A" ring, there would be no chance of survival. In the second, or "B" ring, there would be very little chance of survival.



Unless you live in one of Canada's very largest cities, the 8 mile circle will include practically all the built-up area of your city.

Out to 11 miles from the point where the bomb goes off, there would be considerable damage and people who are not in shelters would probably die. This area is known as the "C" ring. Beyond this point, in the "D" ring, out



to 15 miles, people who are in houses or shelters would probably survive the blast and heal.

If you live in a large city which is officially designated as a target area, there is only one sure way of survival. That is not to be there when the bomb goes off. It must be emphasized that in the "A" Ring and, to a great extent the "B" Ring, no shelter can be counted upon for safety. It must also be remembered that no one can forecast just where the bomb may be dropped. The only answer is to get out.

This form of defence is known as evacuation. It is not a pleasant or popular plan of action; it is the only plan that offers any reasonable hope of safety. Civil defence does not advocate evacuation because it is the best of several alternatives. Civil defence advocates evacuation because nothing else will work.

THE PLAN

Evacuation of a large city will work well only when a great deal of planning and testing has been done. A basic plan of evacuation that can be adapted to any Canadian city has been worked out by Federal Civil Defence experts. The responsibility for making it work rests with the province and the municipality. The plan is, briefly, as follows:

PHASE A

There will probably be enough warning of attack to ensure that about half of the population can be taken out of the city to communities some distance away. These people should include children up to high school age, mothers with small children, expectant mothers, the aged and infirm, patients and staffs of hospitals and other institutions, those who have key work to do and many others not essential to the needs of the city.

PHASE B

The second step of the evacuation plan calls for a "planned withdrawal" of the entire population when attack appears to be certain. This is done by using every available means of transportation.

This "evacuation" must be done according to a carefully worked out plan. The city must be divided into sectors and each sector given its own exit routes. These routes must have no cross-traffic and no incoming traffic for a distance of 25 miles or more. In this way most exits will have two or more traffic lanes all moving outward at about 25 miles an hour. The people are picked up at assembly points on roads leading to the exit routes, and all vehicles (including trains) are to be filled.

Where practical, people should bring blankets, food, a first-aid kit, flashlight and other essentials.

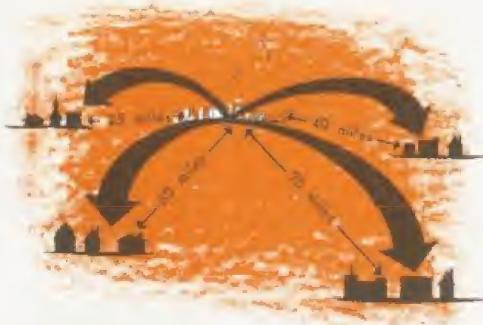
Remaining behind will be a small group of police and civil defence workers who will protect the city against fires and looting. This rear guard will move out of the downtown area at the last possible minute and take shelter in the "C" ring area.

PHASE C

This is the period after the bomb goes off when the civil defence authorities must instruct the public on survival action. On hearing the TAKE COVER siren signal everyone must go to and remain in shelters or, if on an evacuation route, keep going until directed to a refuge. The civil defence authorities will give these directions by radio, through traffic officers and civil defence wardens.

PHASE D

This is the period when hundreds of thousands of people will be scattered outside the city in small communities up to one hundred miles away. People may be separated from their families and must be brought together as soon as possible. They must be kept informed, provided with food, shelter and clothing and protected against "radioactive fallout", a hazard discussed in detail later in this pamphlet.



The final part of this phase is "rehabilitation". This means re-establishment of families in safe communities, the restoration of public services and partially-destroyed industry. Industrial workers, if their factory was destroyed, must be sent to places where a similar industry is still operating. This work will not be done by civil defence alone but by all agencies of government and with the co-operation of all the people of Canada.

KNOW THE DANGERS

. . . AND KNOW WHAT TO DO

When an H-Bomb goes off, four major dangers occur. They are:

THE DANGER	WHAT TO DO
 FLASH	Don't look up. Turn your head away.
 BLAST AND HEAT	Take shelter if in the open.
 IMMEDIATE RADIATION	
 RESIDUAL RADIATION OR FALLOUT	Take refuge indoors.

Flash, blast and heat, and immediate radiation occur when the bomb goes off and last only for a few seconds. Their effects are felt only within a circle twelve miles from the blast. During the few seconds of the explosion, these three dangers cause by far the majority of casualties in an H-Bomb attack. They cause secondary effects such as fires, and intense radioactivity in the blast area.

Residual radiation occurs when materials become radioactive—that is, when they are made to give off dangerous rays. The area of the burst may remain dangerous for long periods—possibly years. Radioactive fallout is a form of residual radiation.

THE PROBLEM

H-Bombs are by far the most destructive weapons ever invented by man. One of the larger bombs would completely destroy almost any city in Canada. Their secondary effects could cause damage over thousands of square miles of countryside.

We cannot hope to give 100% protection against the H-Bomb. What we can do is to provide a plan under which the vast majority of our people would survive and would live to build again.

THE WARNING

ALERT—Once the international situation deteriorates to the imminence or actuality of war, the ALERT will be sounded. This signal is a steady note on civil defence sirens. It will last from three to five minutes and may be repeated as often as necessary. It is the signal to turn on the radio and listen for "official" civil defence instructions.



TAKE COVER—When enemy aircraft are close to the target area, TAKE COVER will be sounded. This signal—a rising and falling siren note—means that attack may take place at any minute. It is the signal to take cover immediately.

"SHELTER" OR "REFUGE"

The term "shelter" denotes protection against blast, heat and radiation. The term "refuge" means protection against radiation only.